

Important Update to Healthy IncentivesSM

**January 31 -
Complete
wellness
assessment**

Take Wellness Assessment

You may have received an e-mail customer service survey from HealthMedia – **you do not have to answer the survey to earn gold.**

Wellness assessment evaluated by Harris HealthTrends to determine risk level.

Low Risk

Receive two logs in the mail.
Choose the log you want to keep.

**Route
66**

**Colorful
Choices**

Moderate Risk

Enrollment call
Coaching calls

The enrollment call and first
coaching call may occur
at the same time.

High Risk

Enrollment call
Coaching calls

The enrollment call and first
coaching call may occur
at the same time.

**May 1
Enroll in
individual
action plan**

Keep an online log or mail/fax paper
log – earns you gold.

Take 2 coaching calls
over 90 days and
follow through on
individual action plan.

No further documentation
needed – earns you gold.

Take 2 coaching calls
over 90 days and
follow through on
individual action plan.

No further documentation
needed – earns you gold.

**July 31 -
Complete your
individual action plan**

In early August, Harris HealthTrends sends each benefit-eligible employee and spouse/domestic partner a letter with gold, silver or bronze out-of-pocket status.

You may appeal to Harris HealthTrends in late August if you disagree with the out-of-pocket expense level you have earned.

**November
2006**

Enroll in 2007 benefits online